

A close-up photograph of a woman with striking green eyes, looking directly at the camera. She is holding a large, vibrant green leafy vegetable, possibly a piece of lettuce, in front of her face, partially obscuring her lower half. The background is a soft, out-of-focus white.

The Beauty of Food

*Simple Foods In Your Kitchen That Make
You Look & Feel More Beautiful In Minutes!*

by Hanan

FOREWORD BY JON DANA BENSON
Bestselling Author of The Every Other Day Diet

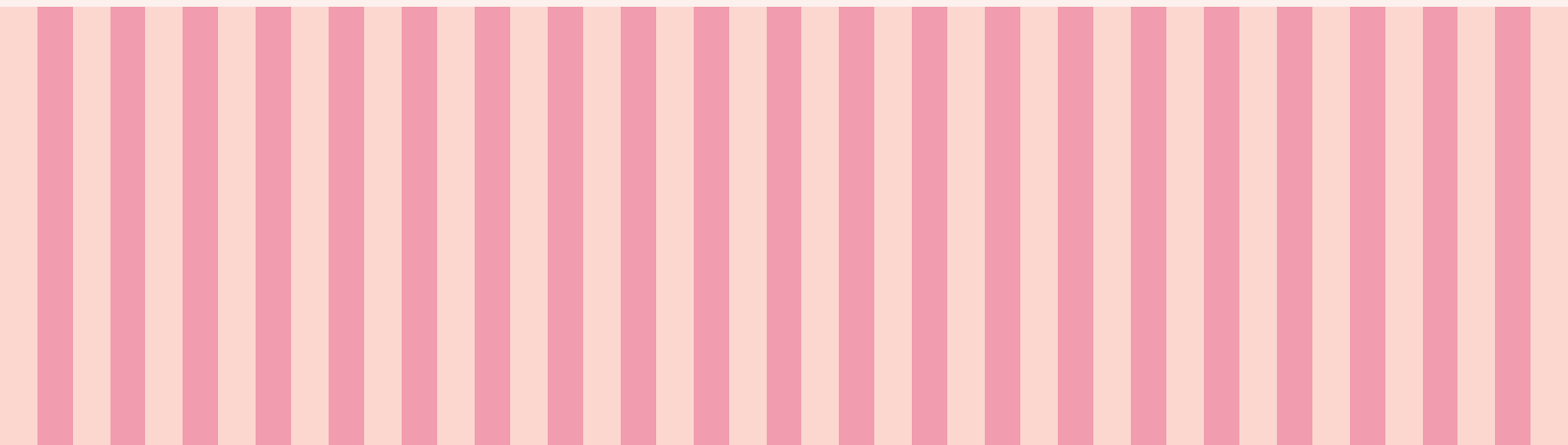
THE BEAUTY OF FOOD

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Foreword

Beauty Secrets From Persian Princesses



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“How is everything?”

I glanced up from my overdone eggs and light brown coffee to greet the eyes of an exotic girl with an alien accent. She possessed a smile that illuminated an already sunny morning.

“Great, thanks!”

I was being seductively polite, especially considering the lack of sleep from the Bohemian Austin nightlife. To worsen the matter, thanks to an overbooking fiasco at my preferred hotel, I was stranded at a Holiday Inn breakfast buffet with coffee weaker than Pee Wee Herman after an induced coma.

Still, I didn’t want this mysterious sounding beauty to scurry off just yet. Something about her made me want to know more, and it wasn’t just the alluring surface. There was something beneath the eyes that betrayed her superficial small talk and let her depth of character peek out.

She simply did not belong here, and I wanted to know why.

Everyone and everything seemed to be clamoring for something less intrusive than the information I was after. Empty coffee cups, half-finished plates of food, and the ubiquitous complainer—none of these legitimate working concerns factored into my mounting curiosity.

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“Where are you from? I can’t place the accent,” I said, searching for the mystery phrase that would hold this girl’s attention amidst the semi-crowded backdrop of hectic business travelers, moms with toddlers, and an ample supply of black-haired blondes with unnatural holes about their faces.

“Guess!”

Oh, the girl has spunk, I thought to myself.

“Brazil?”

“Ha, no, not quite.” she said, as her accent grew thicker and even more out of the norm.

“Well, you look a bit Spanish... but that’s too obvious, and the accent is definitely not a fit... how about Italy?”

“No, I’m from Baghdad.”

“Get the (blank) out of here!”

My native New Yorker tongue was making an early entrance. The moment I said the words, I realized I probably just offended her entire lineage, despite my noble intentions. Why stop there, I thought, being the boy genius I am at 7:30 in the morning and consuming less-than-optimal fuel.

“Okay...where’s your burka?”

Mind you, that was a semi-serious question. Hanan was the first Iraqi girl I had ever spoken to for any length of time who was not wearing a burka or, at the minimum, a hijab, the customary Muslim headscarf. I honestly thought that everyone from Baghdad was, by

default, a devout Muslim—just as, I would soon come to know, she thought everyone from Texas looked like Clint Eastwood before her arrival.

“I’m not a Muslim,” she replied, again laughing with an infectious smile that detailed her happiness of just being in the moment. “I’m just a girl from Iraq. Have you never seen that before?”

“No, I haven’t. I just assumed... sorry. So, no camel, either?” (Of course, that a thin attempt at wit. Sad to say, I actually believed at that time there were as many camels in Baghdad as there were horses in Texas. It had to be true. It was on the news.)

Hanan was now laughing loud enough to draw the attention of her none-too-happy boss. “Camels? Are you serious? There are no camels in Baghdad!”

I could see I had quite a learning curve ahead of me, assuming this beautiful creature would give me the chance at a worthwhile conversation.

She did just that.

Hanan and I have spent a lot of time since that awkward first meeting talking, living, growing, and, frankly, suffering. That certain “something” I felt at our first encounter was her unique combination of outer beauty and inner strength—a strength I have yet to see matched by anyone in my life. It’s a strength that would see me through a serious illness, and help us form an intercultural relationship that has stood the test of its fair share of trials.

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This was a pain, and a display of continuous strength, that was completely foreign to me, at least in the way she gracefully went about her life in spite of it all. It was not suppression. I have seen that many times before, and in people with far less in the loss column. It was not a false hope, a pious faith, or superstition of any variety.

It was beauty, in its purest form. Physical, emotional, and spiritual beauty exudes from Hanan like honey from the hills of her ancient homeland.

Hanan's interest in physical beauty began at an early age. The natural remedies and routines of the Middle Eastern culture, most of which is contained within these pages, were passed down to her from a line of royal heritage. Yep—the waitress at the Holiday Inn was, and is, a descendant from the blood of queens. I didn't know about this until about a year after we met. That degree of modesty must be another facet of her inner strength, and a display of her commitment to connection.

Over the years, I've seen Hanan take wonderful care of her self, using simple, everyday foods as the chief source of her beauty regimen. Rather than simply consuming these foods, she would concoct interesting mixtures and apply them topically to her hair, her face, her hands, and her body. Apparently, this is customary for those from prestigious families in the Middle East. All I know for sure is that they work.

Most people would not have survived the ordeal Hanan went through, let alone look like a million bucks in the process. From having to be a caretaker to her cancer-stricken mother at a very

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early age, to the incredible devastation of her life, her career, and her family due to the ravages of war, to the journey here as a lowly refugee, her life is a testimony to the power of the human spirit. One would think such a life would take its toll on youthful beauty, but Hanan grows more stunning each passing year.

She was given every opportunity to betray her sense of self—to be flaunted on the arms of wealthy American men as a ticket out of the poor end of town, or sell her body for the pleasure of others. In every instance, she refused. She remained true to the memory of her parents, the values they instilled within her, and to something that so few of us really possess—a genuine love of self.

Her secrets of natural beauty, and a near supernatural self-love, are contained within these pages.

Ladies, you are in for a treat. The Beauty of Food is far more than a treatise on natural beauty. This is an outpouring of both inner and outer love from a soul that brings radiance to everything and everyone it touches. Herein lies a simple path that can elucidate your physical features and awaken your beauty within, giving you the ideal balance of elegance and strength for decades to come.

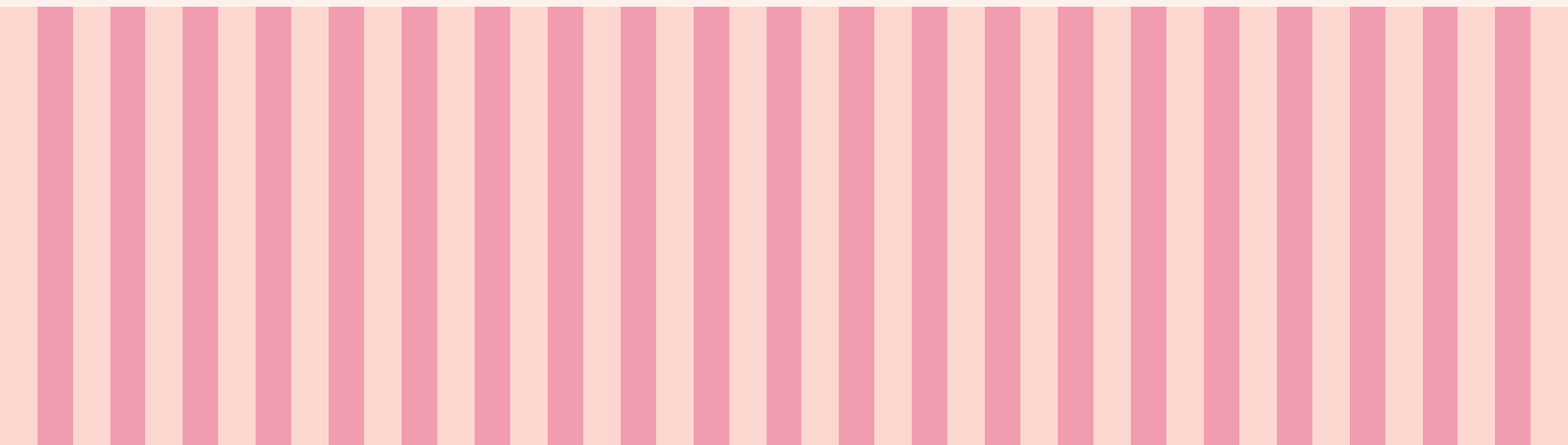
Here's to your beauty, in all its forms—and to the Tempean beauty of the author herself.

Jon Dana Benson

January 2012—Malibu, California

Introduction

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INTRODUCTION

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There is no such thing as an ugly woman.

You deserve to love yourself and accept who you are!

All women are beautiful. You are beautiful, you are fabulous, we all are beautiful but the question is how do I reflect this beauty on my face, hair, body and soul? The answer is easy and doesn't need a lot of effort and money. All you need is few minutes of your time each day. Yes, just a few minutes each day so let's get started right now!

The skin types vary from person to person. Some have dry skin; some have oily skin while others have normal skin. My goal here is to help you to get the perfect skin you are looking for by using cheap available materials you most likely already have available at home. Yes, everyday household or kitchen items are the thing you can use to create glowing and healthy skin.

Not only can you treat your skin, no matter what type it may be, you can treat your hair with food items as well. No matter what

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products you find out there you will find a home treatment that is just as effective or even more so. For instance, women have been using Knox gelatin for many, many years to strengthen their nails. When they say beauty comes from the inside it is not just about the soul of a woman. The foods you eat affect the health of your body including your nails, skin and hair.

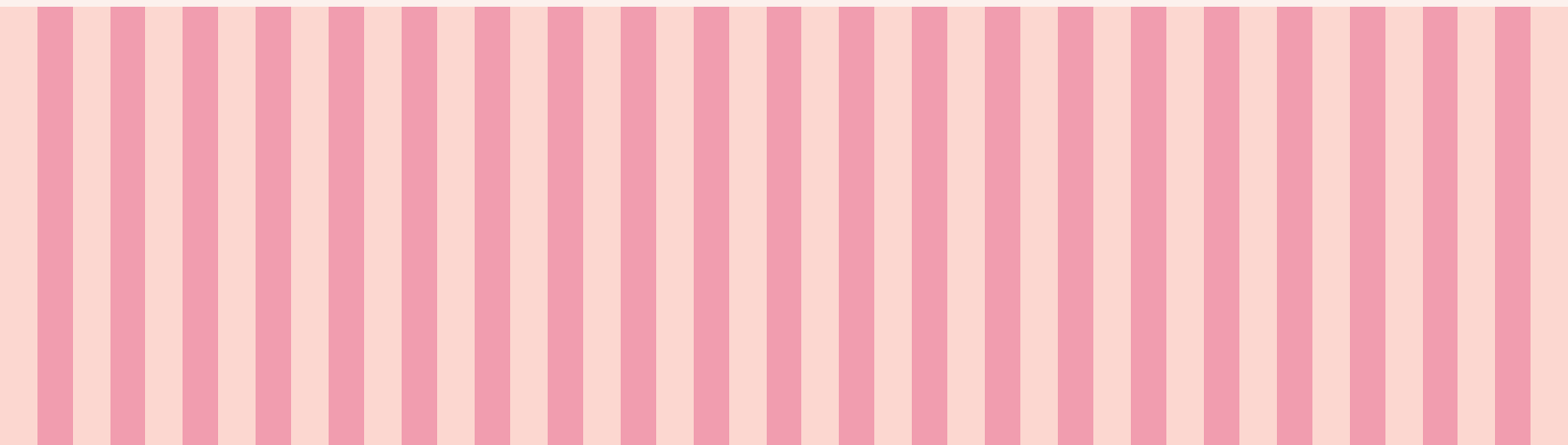
When it comes to choosing products for your face, skin, nails and hair you probably have found there are unlimited sources of products all claiming to be better than the next. Some are extremely expensive and tough to fit into the average budget today and others that may be cheap really do not do the job as you might expect. What do you do? The reason I am writing this book is to share with you my own beauty secrets that have worked well for myself and will be easy on your budget.

We all realize that taking good care of our health is a very important task but did you know that eating correctly and exercising is also a way to bring out your natural beauty? What I am about to share with you is not one of the latest fads that celebrities use or some ridiculously expensive new tonic that celebrities say they use.



One

Foods that Improve your
Appearance from the Inside Out



SECTION 1

Foods that Improve your Appearance from the Inside Out



Foods that will improve your general health will also improve your healthy appearance. A healthy glow is always a very attractive quality. Of course there are the obvious choices like eating plenty of green leafy vegetables. These are considered complex carbohydrates or 'slow' carbs which are excellent for your body. They take a long time to be processed in your system and contain vitamins and iron that is essential for healthy skin, nails and hair. Using balance in your diet with a combination of both complex and simple carbohydrates, proteins, grains, fruits and good fats will not only bring health to your body but will enhance your outer beauty.

You want to eat foods every day that contain vitamins, minerals, antioxidants and iron to keep your body healthy and to keep it functioning correctly. Digestive problems can cause your body to build up toxins in the system that in an effort to leave the body can cause blemishes. Unsightly blemishes are not a good look for any woman.

Consuming the following foods will not only help your overall health but will specifically help your outer appearance.

— *Supple Skin* —

Apple cider vinegar will really do wonderful things for your system. Some say it helps your body process sugar and fat which helps in weight control. For your skin it is wonderful because it helps to give it that supple quality. The experts say that it also helps in the shedding of dead skin. You can mix a teaspoon to a tablespoon in your juice or drink it straight if you can tolerate the taste. Organic apple cider vinegar is the optimum choice.

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Foods that Improve your Appearance from the Inside Out

— Prevent Premature Aging —

Carrots: Vegetables like the green leafy ones we mentioned and other vegetables like carrots are important. The carotene in carrots is said to help to prevent premature aging. Known for their ability to improve eyesight they are also great for regulating the sugars in your body, detoxifying your liver which will help to prevent blemishes. Carrots are also a good source for the vitamins your body needs for healthy skin and hair. *Carrots contain a large amount of vitamin A plus other nutrients that are wonderful nourishing agents for the skin and do prevent dry skin. The list of benefits from eating carrots is impressive.*

Apples: Have you heard the expression, “an apple a day keeps the doctor away”? For skin that is youthful in appearance, you cannot beat the benefits of eating apples, especially Red Delicious and Granny Smith. Not only will eating apples help with the elasticity of your skin but can help to protect damage to your skin from UV rays. Apples contain procyanidin B-2 which is known to promote hair growth and help in the prevention of cell damage.

— Urinary Tract Health —

Cranberries: Consuming cranberry juice or eating cranberries will help with your urinary tract health.

— Prevent Wrinkles —

Garlic is something you can eat to help stop your skin from wrinkling because it restores tissues.

Another great food for preventing wrinkles from forming is **Sweet Potatoes**. They are loaded with vitamin A which does wonders for your skin in general. Your skin will be smoother and clearer. Sweet potatoes do not have the starch that the white potato has so it is a much healthier choice all around.



Foods that have natural bacteria like **Hard Cheeses** can prevent cavities and help stop bacteria growth in the mouth.

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Other foods containing natural bacteria like **Yogurt** can help with your digestive health. Sugar can actually add to the problems of a yeast infection. The yogurt also is great for fighting tooth decay and helps to keep your teeth whiter.

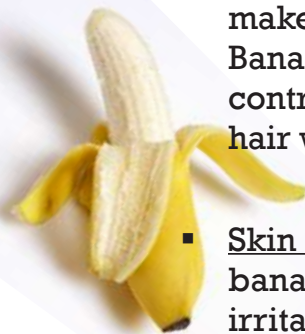
Vitamins A, C and potassium (great for skin and hair):

Consuming citrus type fruits will help the body form collagen which holds the skin cells together. *Be sure to include citrus fruit in your daily diet for its other health benefits like lots of vitamin C.*



Tomatoes which are a fruit rather than a vegetable like most think are also great for the skin and contain quantities of vitamins A, C and potassium.

Bananas are also a good source of potassium. Actually, you might want to go bananas for bananas because of all of their great benefits. They contain natural oils and vitamins that help both your skin and your hair.



- **Hair care:** Bananas help to protect the elasticity of the hair which prevents the ends from splitting and it makes the hair soft and strong preventing breakage. Bananas keep the hair shiny and help it grow. They control dandruff and are great for repairing damaged hair while adding volume to the hair.
- **Skin care:** Actually just rubbing the peel of the banana on the skin, especially where there are any irritations like acne or insect bites can be very beneficial. Using the pulp of the banana directly on the face by mashing it up and spreading it on will help to make the skin soft and supple as well.

— End Blemishes —

Try to include some **wheat germ** in your daily diet. It will help to get rid of unsightly blemishes besides provide many health benefits for your overall health. It is easy to add a couple tablespoons to your cereal or yogurt in the morning. It has a very mild nutty flavor so it is a pleasant addition.

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Foods that Improve your Appearance from the Inside Out

More General Health Tips

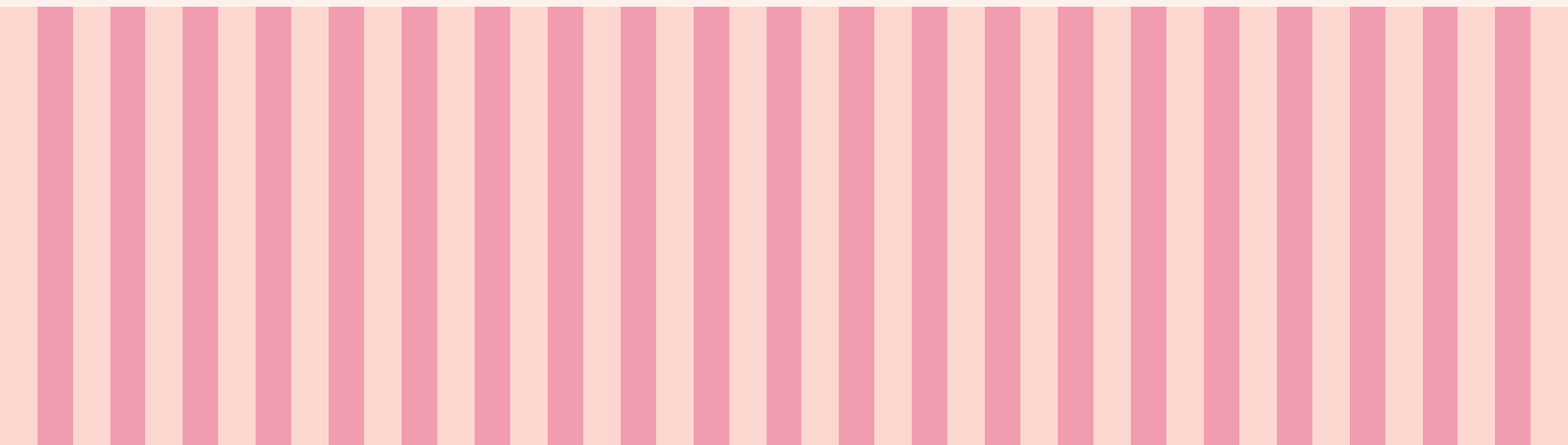
Before moving on to specific health treatments, let's talk for a minute about getting proper exercise. Of course everyone knows that exercising every day is important to weight control but when you exercise you perspire. This actually clears the body of toxins that can cause blemishes and pimples. Toxins can only be released through the liver, the kidneys and the pores of the skin. As the toxins are released through the pores they will remain on the skin unless you wash them off after exercising. Failure to do this will increase your chances of getting a fungal or bacterial infection. Here are a few more things to consider:

- Exercise also tones the body and skin and the more it is toned the better it will look and feel. The appearance of cellulite can be lessened by toning the muscles. The firmer and stronger the muscles the more elastic the skin will appear.
- The blood flow and the oxygen level of the body is increased with exercise which in turn flows to the skin. If you are diabetic you will greatly benefit from regular exercise as this will reduce the risk of problems with the skin that can eventually lead to the amputation of limbs.
- Exercise does relieve stress and advantages of this do extend to the complexion. Some experts say that stress will cause acne or at least cause flare-ups. Regular workouts can help make skin problems manageable.

Exercising helps the skin produce more of its natural oils which will keep your skin looking healthy, glowing and supple.

Two

Skin, Face and Eye Care



SECTION 2

Skin, Face and Eye Care



The skin is the largest organ of the body and as we have discussed, caring for your skin begins with the healthy foods you eat. The outward appearance of the skin needs to be cared for on a regular basis. Skin that is smooth, supple and glowing in appearance is a thing of beauty. Caring for your skin does not need to take hours of your time each day nor does it need to cost thousands of dollars each year. My methods are a simple, safe and practical approach to caring for your skin using natural ingredients. You will use different foods and household items you most likely already have on hand. Here are a few of my favorite beauty secrets for keeping your skin, face and eyes looking amazing.

The diet book “Every Other Day Diet”, by best selling author Jon Benson has helped me a lot. I have found it very impressive and using the diet made me feel energetic and full of life. I still enjoy the foods but more importantly I was motivated to find how every day foods can not only make you healthier on the inside but can make your appearance healthier. The body wants healthy foods and I was determined to understand what my body wants for both inner and outer beauty. The following are recipes for making facial masks using common foods you most likely already have in your kitchen.

End of Preview Chapters



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